



Mussaka



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon allspice
- 0.3 teaspoon pepper black freshly ground
- 16 ounce garbanzo beans drained and rinsed canned
- 15 ounce canned tomatoes diced canned
- 1 pinch ground pepper generous
- 0.5 teaspoon cinnamon
- 1 pound eggplant (3 long Japanese eggplants or 1 large globe)
- 4 servings mint leaves fresh for garnish

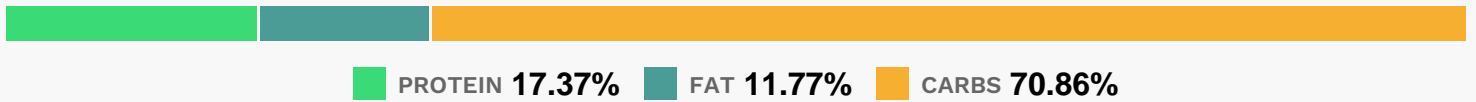
- 6 cloves garlic sliced
- 1 large onion sliced thin
- 1 tablespoon pomegranate molasses (mixed with agave or sugar) for substitutes or use pom juice
- 4 servings salt to taste
- 1 tablespoon tomato paste
- 0.8 cup water

Equipment

Directions

- Add the garlic and the eggplant, and sauté for about 3 minutes more.
- Add all the remaining ingredients, except the mint, and bring to a boil. Turn the heat to low and simmer, covered, for about 30–40 minutes, until the eggplants are tender.
- Serve sprinkled with chopped fresh mint. I served it as a main dish over couscous, but you could serve it with a whole grain or pita bread or alone as an appetizer.

Nutrition Facts



Properties

Glycemic Index:73.58, Glycemic Load:8.8, Inflammation Score:-7, Nutrition Score:18.177826052127%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 199.18kcal (9.96%), Fat: 2.82g (4.34%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 26.66g (9.7%), Sugar: 12.56g (13.96%), Cholesterol: 0mg (0%), Sodium: 688.18mg (29.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.75%), Manganese: 1.6mg (79.85%), Fiber: 11.59g (46.34%), Vitamin B6: 0.9mg (45.17%), Copper: 0.52mg (25.82%), Potassium: 858.1mg (24.52%), Vitamin C: 17.84mg (21.62%), Magnesium: 76.13mg (19.03%), Folate: 76.11µg (19.03%), Iron: 3.41mg (18.93%), Phosphorus: 174.34mg (17.43%), Vitamin B1: 0.19mg (12.67%), Vitamin E: 1.87mg (12.44%), Vitamin B3: 2.41mg (12.04%), Calcium: 112.05mg (11.21%), Vitamin B5: 1.04mg (10.38%), Vitamin K: 10.59µg (10.08%), Zinc: 1.42mg (9.44%), Vitamin B2: 0.14mg (8.16%), Vitamin A: 388.79IU (7.78%), Selenium: 4.3µg (6.15%)